**Reflection on Psalm 23 v 5**

Do you know how significant the words of verse 5 of this well-known psalm really are?

Psalm 23 is one of the most popular Psalms. The beginning of it says **“The Lord is my shepherd; I shall not want”**

Just hearing this is so familiar to us, but for this moment, while you sit here, focus on verse 5…..

**“You prepare a table before me, in the presence of my enemies, you anoint my head with oil; my cup overflows”**

Look at those last three words which are so significant**…”my cup** **overflows”**

Back in the ancient times, when David wrote this psalm; if you were sitting in the king’s presence at his banquet, you could tell how the king felt about you, based on how full your cup was.

For example, if your cup was empty, that was the king letting you know that your time with him was up, he wanted you to leave his presence.

But if the king told his server to fill up your cup, that was your indication that the king wanted you to stay in his presence for longer; the king wanted a bit more conversation with you, which was a good thing!

But if the king tells the server to come and overflow his or her cup, this would mean that the king adores you, that he loves your presence! He doesn’t want you to leave, because he’s having such a great time with you!

So, in context with verse 5, this is saying that each and every single one of you, His children, has a seat at the Lords table, and your cup is **OVERFLOWING**, and what this means is that the Lord **ADORES** you! He **LOVES** your presence! He **NEVER** **EVER** wants you to leave His table!

How beautiful is that, that no matter what we’ve done in our life; our mistakes, our past decisions, our sins, whatever it is, there was not ever a moment in time when your cup was not overflowing, because **HE DOESN’T WANT YOU TO LEAVE!** He wants you to be at his table, at his banquet, at his feast forever and ever. How amazing is that!

**Engage**

Imagine yourself sitting with Jesus at His Banquet table. He asks for your cup to be filled to overflowing.

He wants you to remain in His presence!

* How does this make you feel?
* Listen to what He is saying to you.
* What would you like to say to Him?

Write down on a card anything Jesus is saying and the way you feel, or want to respond.